

Uxbridge Council on Aging

Uxbridge Senior Center

Semper Ad Meliora

The Silver Center News & Lunch Menu for December 2015

The mission of the UXBRIDGE SENIOR CENTER and the COA BOARD is to link needs with services and to promote wellness programs that educate and empower elders to maintain their quality of life. An additional mission is to raise community consciousness concerning the many services, programs, and activities offered at the Senior Center. – Marsha Petrillo, Director



*IF I CAN STOP ONE HEART FROM BREAKING,
I SHALL NOT LIVE IN VAIN ;
IF I CAN EASE ONE LIFE THE ACHING,
OR COOL ONE PAIN,
OR HELP ONE FAINTING ROBIN
UNTO HIS NEST AGAIN,
I SHALL NOT LIVE IN VAIN.*

- Emily Dickinson



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Hey pal, you got a ugly dog
and he's a big one but in
Uxbridge, all pets gotta be on
a leash!!

Donate Life

One donor can save up to eight lives!



Location: 36 South Main St.
Hours of Operation: M - F 8 AM - 4 PM
Phone: (508) 278- 8622

THE SILVER CENTER NEWS

semper ad meliora

UXBRIDGE COUNCIL ON AGING NEWSLETTER

& LUNCH MENU

uxbridge-ma.gov/coa



Marsha Petrillo - Director
Donna Oncay - Admin Assistant
Lynne McPherson - Chef de Cuisine
Gail Boutiette - Outreach Coordinator
Peter Waeger - Transportation

Here is the test to find whether your mission on earth is finished. If you're alive, it isn't. ~Richard Bach



Senior Center Wish List

We welcome and appreciate the support of anyone in a position to give. Your donations make a significant difference in the lives of our elders and help support our daily lunch program. All monetary gifts can be made out to the Town of Uxbridge with Senior center in the memo section of your check. Gift cards for Hannaford, Walmart and CVS also make nice holiday gifts for senior citizens in need.

We also continue to need in kind donations of napkins, plastic 8 oz cups, and decaf coffee. One can donate directly to the center at 36 S. Main Street or on line via the town's web page. Every donation helps and comes enormously appreciated!

Your monetary donations make a significant difference in the lives of our elders! If you or someone you know benefits from the programs and/or information provided by the Senior Center, please let us know and help us spread the word about our many services so we can grow our services. Feel free to contact us at 508-278-8622 or visit us on our web page at Uxbridge-ma.gov/coa or like us on our Facebook page by googling Uxbridge Senior Center. ♦



Special Thank You to The Uxbridge Women's Club for their generous donation of \$650.00 to the Uxbridge Senior Center. This is given in memory of all former charter members and Avis Sabatonelli. We do appreciate your

generosity! This year marks their 65th Anniversary! ♦



Shopping Trips —

Grocery shopping every Tuesday- Pick up begins at 1:00 PM. We have changed the time to make it easier to get people to lunch and give everyone time to get their shopping done.

NOTICE: Walmart shopping will be different this month to accommodate the Christmas Holiday — It will be on the 1st and 3rd Thursday this month ONLY — **December 3rd** and **December 17th**. Pick up begins at 12:30 PM. Please sign up in advance for Walmart shopping by calling us at 508-278 8622 to reserve your seat on the van. ♦



The Senior Center will be closed on the following days for Christmas. Thursday, **December 24th** and Friday, **December 25th**.

No lunches will be served. ♦

LUNCH & LEARN

Thursday, **December 3, 2015** — 11:30 am — 12:30 PM — **Nelly Colon, Navicare Account Executive** — **Senior Care Products**, will be having a lunch and learn. Nelly will also play **BINGO** with special prizes! Please come join us and be sure to call ahead 48 hours to reserve your spot.



Nelly Colon is the new Account Executive. She has replaced Jessica Recore. You are eligible to join Navicare if you are 65 or older, live in our service area and have MassHealth. Nelly Colon can be reached at 508 847-8511 and she is also bi-lingual.. ♦

- Please call the Senior Center 48 hours ahead at 508-278-8622 to reserve your meal and also to arrange for transportation to lunch and for medical appointments. Van transportation begins at 10:30 am each day. Please check with the Senior Center by calling 508-278-8622, Uxbridge Cable Local Access Channel 191, Facebook, or the Council on Aging website for the Lunch Menu.
- The Senior Center is a drop off site for the People First Food Pantry. Donations are accepted Monday through Friday from 9 AM - 4 PM.

2015 UXBRIDGE COUNCIL ON AGING

Christmas Light

Written by: Lucille Rondeau Kogut
Eighth Grade, 1944

The tree is lighted brightly
You can hear the children sing,
May you hear that song for always
And may the season bring
A loving happiness to you
As the years go by,
That star will shine forever
Way up in the sky.

December Newsletter

Thursday, December 31, 11:30 AM - 12:30 PM. – NEW YEAR'S EVE AT NOON CELEBRATION –



Dinner & Dance! Steve Damon will present a Seated International Folk Dance and will also be playing Christmas music during lunchtime! We hope you can join us in this end of the year celebration! Be sure to call ahead 48 hours to reserve your seat for this special lunch! . ♦



We have a beautiful quilt donated by Madonna Terlizzi, Blackstone Valley Needle Arts Studio. There are also other baskets you can purchase chances to win! Tickets are \$1.00 a piece or 6 for \$5.00 and will be available through the Uxbridge Elderly Connection at the Senior Center. **DON'T FORGET TO GET YOUR LAST MINUTE TICKETS!** WE WILL BE DRAWING WINNERS AT 7:45 PM ON DECEMBER 5TH DURING FIRST NIGHT! Good Luck! . ♦

THE UXBRIDGE SENIOR CENTER IN CONJUNCTION WITH THE SUNSHINE CLUB WILL BE OFFERING THE FOLLOWING TRIPS:



There is still room on the Newport Playhouse trip with the Sunshine Club on **December 1**. The show is "Getting Sarah Married" and there is a complete buffet and also a cabaret included for \$74. The bus will leave from the Walmart parking lot in Whitinsville at 8:45 AM. Then there will be a bit of a winter break and the trips will resume in March with "To Kill a Mockingbird" at the Trinity Repertory Theater in Providence, RI on **March 6**, 2016. On **March 15th** we will be going to the Spring Bulb Show in North Hampton and on **April 10th** there is a trip to Boston to the Opera House to see the "The Sound of Music". Call Sue at 508-476-5820 for more information. ♦
Don't forget the change in parking to the Walmart parking lot. We hope to see you soon! Call Sue at 508 476-5820 for more information.. ♦

LUNCH AND LEARN WITH POLICE CHIEF LOURIE Friday, December 4, 2015 - 11:30 AM – 12:30 PM. –



Topic for this month will be the Uxbridge Emergency Dispatch. Lead Dispatcher Joe Lefebvre will be presenting information on what their communication center does on a daily basis. Please call ahead 48 hours to reserve your spot for this lunch. We are thankful to be working so closely with our Police Department. ♦

Last year I joined a support group for procrastinators. We haven't met yet!



Wouldn't it be great we could jump in the dryer and come out with no wrinkles and three sizes smaller?

Senior Stumper (Answers on Page 9)

Which famous document contains the sentence: "we hold these truths to be self-evident: that all men are created equal"?

2015 UXBRIDGE COUNCIL ON AGING

December Newsletter



Saturday, **December 5**, 5:30 PM – 8:00 PM. Please join us at the Senior Center for our First Night Celebration. The Whitinsville Christian School will be singing Christmas songs for us! We will also have “Cookies From Around The

World” that The Family and Consumer Science Class at UHS will bake for us to enjoy! There will also be hot cocoa and coffee to warm you up! Drawings will be held at 7:45 PM. Good Luck and come join in the fun! ♦



UNDERSTANDING MEDICAL INSTRUCTIONS

Are you confused when you visit the doctor or pharmacist? There are some things that you can do to make it easier to understand. One way to help is to take a family member or friend with you, two heads are better than one when listening to instructions. Ask questions and ask for more information if you don't understand and have someone write down any instructions for taking medications or therapy. Use the computer to learn more about your medical condition and medications. ♦



Are you dealing with the loss of a loved one, losing a job or your home or just need to talk to someone? Please call the Senior Center and make an appointment to talk to our bereavement counselor who is available for people of all ages by appointment. All sessions are free, private and confidential.

Call the Senior Center at 508-278-8622 to make an appointment. ♦



AARP will be starting tax preparation in February. Be sure to register early! We will not have dates/times available until the end of January, so please wait until then to call. Thank you! These time slots are filled up quickly. ♦



• **Chocolate comes from cocoa which is a tree ... that makes it a plant which means ... chocolate is Salad !!!**

- **I'm not short I'm fun size.**
- **Prayer, the worlds greatest wireless connection**

Senior Stumper (Answers on Page 9)

Which presidents were assassinated?

Friday, **December 11**, 11:30 AM – 12:30 PM – Selectman Peter Baghdasarian will be here to give a special talk on Life Insurance Scams. Be sure to call ahead to reserve your spot for this lunch. ♦



SHINE is pleased to announce their partnership with Tri-River Family Health Center to provide the Uxbridge area with a State Certified Shine Counselor who has office hours at Tri-River Family Health Center. If you have any questions about Medicare benefits or related insurance questions in the Uxbridge area, please make a counselor appointment. Call for an appointment at 1-800-243-4636 option 3 or 508-422-9931. ♦

The biggest lie I tell myself is ... "I don't need to write that down, I'll remember it."



Veteran Services Office

is now located at The Uxbridge Town Hall. The office is located on the first floor as you walk into the town hall and is in the former office of the accounting department. Carl J. Bradshaw, District Director can be reached at 508-278-8600 ext. 2017 and AnnMarie Cleary, Assistant Director can be reached at 508-278-8600 ext. 2037. Office hours are posted on the door. ♦

Don't be afraid of being different, be afraid of being the same as everyone else.



I have always known that Seniors are often good cooks. Do you have a recipe you'd share with others? Give us a copy and we'll put it in the newsletter.

NEWSLETTER RECIPES

This month from our very own Lynne McPherson



Apple-Stuffed Chicken Breast - Lynne McPherson

- 4 (6-ounce) chicken cutlets, about ¼ inch thick
- ½ teaspoon salt
- ½ teaspoon black pepper
- ½ cup apple, peeled, cored, and coarsely chopped (about 1 small)
- 3 tablespoons shredded cheddar cheese
- 1 tablespoon Italian-style bread crumbs
- 1 tablespoon butter
- ½ cup dry white wine
- ½ cup plus 2 tablespoons water
- 1 tablespoon cornstarch
- 1 tablespoon chopped fresh parsley, for garnish

1. Sprinkle cutlets with salt and pepper. Mix together apple, cheese, and bread crumbs in a small bowl.
2. Divide apple mixture among chicken breast, and roll up breast around apple filling, jelly roll-style, starting at short end. Secure with toothpicks.
3. Melt butter in a skillet over medium heat. Cook chicken, turning once, until browned on both sides, 5 to 6 minutes total. Add wine and ½ cup water and simmer, covered until chicken is cooked through, 8 to 10 minutes. Transfer chicken to a serving platter.
4. Stir together cornstarch and remaining 2 tablespoons water in a small bowl, and then stir into skillet. Simmer, stirring constantly, until lightly thickened, about 1 minute. Pour sauce over chicken and garnish with parsley.

Come on people. I know you have some good recipes. Why not share them with your friends. Write down the recipe you want to share and give it to Donna. And I'll put it in the newsletter for everyone to enjoy..♦

Senior Stumper (Answers on Page 9)

How many holes are there in a ball used for duckpin

NEWS FROM SHINE DECEMBER 2015

With Medicare Plans, does it matter which pharmacy you use?

For many Medicare plans, the pharmacy you use could make a big difference in the cost of your drugs!

All Medicare drug plans and Medicare Advantage plans (HMOs, PPOs) have **network pharmacies**. Most pharmacies accept most plans. However, if you go to a pharmacy that is not in your plan's network, your drugs will not be covered, and you will pay full retail price.

For 2016, 80% of the Medicare drug plans have **preferred pharmacies**. By using a preferred pharmacy, you can save money! Some plans have changed their preferred pharmacies for next year. You should check that the pharmacy you currently use is the best one to use with your plan.

Most plans have a **mail-order program** that allows you to get a 90-day supply of your covered prescription drugs sent directly to your home. Mail order sometimes costs less, but using preferred pharmacies may cost less than mail order.

MEDICARE OPEN ENROLLMENT ENDS DECEMBER 7!

IF YOU WANT TO CHANGE YOUR MEDICARE PLAN, DON'T WAIT!

CALL 1-800-MEDICARE NOW!

"SHINE'S MEDICARE AND MORE" PROGRAM

The Central MASS SHINE Program is now sponsoring a monthly cable tv program called SHINE's MEDICARE AND MORE", we hope your local cable channel will pick it up. This program is designed to educate and update MEDICARE beneficiaries and their families on MEDICARE and other programs that can assist you with your health insurance needs. If you don't see it on your local cable channel give them call and ask about it.

CENTRAL MASS SHINE WEBSITE

The Central Mass Region has recently launched it website. You can visit us on the web at www.shinema.org. Our site has valuable general information and links to other agencies that can assist you with you insurance needs.

Trained SHINE (Serving Health Information Needs of Everyone) volunteers can help you! They offer free, unbiased, confidential counseling on all aspects of health insurance to anyone on Medicare. Call your senior center and ask for a SHINE appointment. You can also call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back. You can now visit us on the Internet at shinema.org ♦

Senior Stumper (Answers on Page 9)

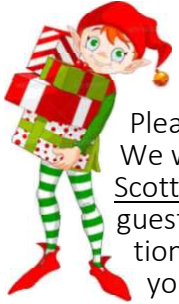
Does water expand or contract when it freezes?

2015 UXBRIDGE COUNCIL ON AGING

December Newsletter



Salmon Health VNA will be available on the 3rd Tuesday of each month to do the blood pressure clinic. A new feature to our monthly clinic is: "Ask the Nurse". If you have any questions about new symptoms you may have, questions about new medications, or any other health problem, they will be able to help you with them. The Salmon Health nurse will be here on Tuesday, **December 15, 2015** from 11:30-12:30. Please join us for this important free monthly clinic offered by the Salmon VNA. ♦



Wednesday, **December 23**, 11:30 am – 12:30 PM – CHRISTMAS CELEBRATION – Please come join us for this special luncheon. We will again be entertained by Nancy Morris & Scott Marshall! There will be a surprise special guest as well! Come join in the fun and celebration. Be sure to call ahead 48 hours to reserve your spot. 508-278-8622. ♦



- will be every Monday at the Senior Center from 3:00 – 4:00 PM. You can call ahead to sign up 508-278-8622. Many thanks to the Nipmuc students for teaching our classes again this year! They can teach you on your tablet, phone, nooks iPads etc. Bring in your device and learn! We are wireless at the Senior so please feel free to come take advantage of this service. ♦

Senior Stumper

How many holes are there in a ball used for duckpin bowling? (Answers on Page 9)



You are about to exceed the limits of my medication !

State Representative Kevin J. Kuros and Legislative Aide Amanda Copeland will hold office hours here at the Senior Center on Monday, **December 7**.

They will be after lunch from 1:00 p.m. - 2:00 PM. to answer any questions you may have.

Please feel free to stop by.

Exciting news! The Uxbridge Elderly Connection, (UEC) Inc. has been selected to be a part of the "Hannaford Helps" Reusable Bag Program featuring the new bright blue Bag! This program is designed to create revenue streams for nonprofit's like UEC. We are so honored! Please help support our mission to serve seniors by buying this beautiful blue reusable bag during **October 15, - December 31, 2015**. A \$1.00 direct donation is included in the price of the bags. What does that mean for the Uxbridge Elderly Connection? For every "Hannaford Helps" Reusable Bag purchased at 158 N. Main Street, Uxbridge, MA 01569 Hannaford in the months of **October 15th - December 31st**, the Uxbridge Elderly Connection, Inc. will receive a \$1.00 direct donation! ♦



Senior Stumper (Answers on Page 9)

Who was the last president of the USSR?

ARE YOU AWARE OF THE NUMBER OF PEOPLE HELPED AT THE UXBRIDGE SENIOR CENTER ?

The numbers below represent people served in

OCTOBER 2015

Telephone Calls	1,345
Meals Served	636
Daily Visitors	638
Medical Runs (Round Trips)	143
Hannaford Shopping (Round Trips)	28
Director Outreach	503
SMOC Fuel Assistance	17
Walmart Shopping (Round Trips)	27
Lunch Pick Up	175
Other van runs for appointments	17



I THOUGHT IT WOULD BE OF INTEREST FOR PEOPLE TO READ THE OATH THAT SERVICE MEN TAKE WHEN THEY JOIN THE MILITARY. IT'S A DAUNTING COMMITMENT FOR MEN AND WOMEN OF ANY AGE, ESPECIALLY THE YOUNGER. READ THE OATH AND KEEP IN MIND THAT THE PEOPLE TAKING THIS OATH ARE VOLUNTEERS. ♦

CODE OF CONDUCT FOR THE U. S. FIGHTING MAN

1. I am an American fighting man. I serve in the forces which guard my country and our way of life. I am prepared to give my life in their defense.
2. I will never surrender of my own free will. If in command, I will never surrender my men while they still have the means to resist.
3. If I am captured, I will continue to resist by all means available. I will make every effort to escape and aid others to escape. I will accept neither parole nor special favors from the enemy.
4. If I become a prisoner of war, I will keep faith with my fellow prisoners. I will give no information, or take part in any action which might be harmful to my comrades. If I am senior, I will take command. If not, I will obey the lawful orders of those appointed over me and will back them up in every way.
5. When questioned, should I become a prisoner of war, I am bound to give only name, rank, service number and date of birth. I will evade answering further questions to the utmost of my ability. I will make no oral or written statements disloyal to my country and its allies or harmful to their cause.
6. I will never forget that I am an American fighting man, responsible for my actions, and dedicated to the principles which made my country free. I will trust in my God and in the United States of America.

Note:

(Prior to the Vietnam Conflict, violation of any of the above code elements could result in trial by Courts Martial. After learning of the atrocities inflicted on our personnel held prisoner in that action, it was determined that requiring strict compliance to such a demanding code was not always possible. It should stand as a guide to personal conduct but enforcement as a point of law is questionable.) ♦

Senior Stumper Answers

- Which famous document contains the sentence: “we hold these truths to be self-evident: that all men are created equal”? [No, it’s not the U.S. Constitution. It’s actually the Declaration of Independence delivered to the King of England.]
- Which presidents were assassinated? [Kennedy, McKinley, Garfield, and Lincoln.]
- Who was the last president of the USSR? [Mikhail Gorbachev.]
- Who blinks more — women or men? [In fact, women blink nearly twice as much as men do.]
- Does water expand or contract when it freezes? [It expands—sometimes by as much as 10%!]
- How many holes are there in a ball used for duckpin bowling? [While most bowling balls have three holes, duckpin bowling uses a ball without holes.]

December at a Glance

Dec 1	Newport Playhouse	<u>"Getting Sarah Married"</u>
Dec 3	Walmart Shopping	December only, Walmart shopping on Dec 3 and 17. Pick-up starts at 1:00 PM
Dec 3	Navicare Account Executive	Nelly Colon - Navicare - Senior Care Products & Bingo
Dec 4	L&L Emergency Dispatch <u>Presentation</u>	Lead Dispatcher Joe Lefebvre presents what their communication center does on a daily basis
Every Tuesday	Grocery Shopping	Pickup begins at 1:00 PM
Dec 5	First Night Celebration	Regular First Night Festivities plus drawing for beautiful hand made quilt. Get your tickets early. Drawing 7:45 PM
Dec 7	Kevin J. Kuros	State Representative Kevin J. Kuros and Legislative Aide Amanda Copeland will hold office hours here at the Senior Center
Dec 11	Selectman Peter Baghdasarian	Presentation: Life Insurance Scams
Dec 15	Salmon Health Nurse	Ask the Nurse 11:30 AM - 12:30 PM
Dec 23	Christmas Celebration	11:30 AM - 12:30 PM
'Dec 31	Dinner and Dance	<u>New Year's at Noon</u> Celebration 11:30 AM - 12:30 PM



Yesterday, Dec. 7, 1941 - **a date which will live in infamy** - the United States of America was suddenly and deliberately attacked by naval and air forces of the Empire of Japan.

The United States was at peace with that nation and, at the solicitation of Japan, was still in conversation with the government and its emperor looking toward the maintenance of peace in the Pacific.

Indeed, one hour after Japanese air squadrons had commenced bombing in Oahu, the Japanese ambassador to the United States and his colleagues delivered to the Secretary of State a formal reply to a recent American message. While this reply stated that it seemed useless to continue the existing diplomatic negotiations, it contained no threat or hint of war or armed attack.

It will be recorded that the distance of Hawaii from Japan makes it obvious that the attack was deliberately planned many days or even weeks ago. During the intervening time, the Japanese government has deliberately sought to deceive the United States by false statements and expressions of hope for continued peace.

The attack yesterday on the Hawaiian islands has caused severe damage to American naval and military forces. Very many American lives have been lost. In addition, American ships have been reported torpedoed on the high seas between San Francisco and Honolulu. ...

The now famous Franklin D. Roosevelt 'live in infamy' speech delivered to Congress on December 8, 1941, one day after the attack on Pearl Harbor, asking for a Declaration of War against Japan, can be read here: http://www.radiochemistry.org/history/nuclear_age/06_fdr_infamy.shtml

UXBRIDGE SENIOR CENTER

Lunch Menu



36 South Main Street, Uxbridge, MA 01569
(508) 278-8622



DECEMBER 2015



Marsha Petrillo - Director
Lynne McPherson - Chief
Pete Waeger - Van Driver
Donna Oncay - Transportation Coordinator
Gail Boutiette - Outreach Coordinator

Monday	Tuesday	Wednesday	Thursday	Friday
	1. BEEF AND MUSHROOM LASAGNA GARDEN SALAD SUGAR FREE PUDDING	2. TURKEY ALA KING EGG NOODLES MIXED VEGETABLES SUGAR FREE JELLO	3. STUFFED CABBAGE JASMINE RICE STEAMED CARROTS FRESH FRUIT	4. BAKED FISH MASHED POTATOES GREEN BEANS SUGAR FREE ICE CREAM
7. CORN CHOWDER ASSORTED SANDWICHES GARDEN SALAD SUGAR FREE PUDDING	8. BEEF STROGANOFF EGG NOODLES ITALIAN MIXED SUGAR FREE JELLO	9. APPLE STUFFED CHICKEN BREAST JASMINE RICE BROCCOLI CHERRY CAKE	10. SWEDISH MEATBALLS EGG NOODLES GREEN BEANS FRESH FRUIT	11. BAKED FISH WILD GRAIN RICE MIXED VEGETABLE SUGAR FREE PIE
14. VEGETABLE QUICHE GARDEN SALAD WHOLE WHEAT ROLLS SUGAR FREE PUDDING	15. MEATLOAF W/GRVY MASHED POTATOES STEAMED CARROTS CAKE	16. ROASTED CHICKEN MASHED POTATOES GREEN BEANS SUGAR FREE BROWNIE W/ICE CREAM	17. HOT DOG W/ROLL BAKED BEANS COLESLAW SUGAR FREE JELLO	18. BAKED FISH ROASTED POTATOES BROCCOLI BIRTHDAY CAKE
21. STUFFED SHELLS SPINACH ITALIAN BREAD FRESH FRUIT	22. BEEF STEW W/BISCUIT GARDEN SALAD SUGAR FREE PUDDING	23. CHRISTMAS CELEBRATION 	24. CLOSED FOR CHRISTMAS NO LUNCH SERVED	25. CLOSED FOR CHRISTMAS NO LUNCH SERVED
28. BAKED MACARONI AND CHEESE STEAMED CARROTS PEACHES AND CREAM	29. SHEPHERDS PIE MIXED VEGETABLES SUGAR FREE PUDDING	30. CHICKEN & DUMPLINGS RICE PILAF GREEN BEANS FRESH FRUIT	31. NEW YEAR'S AT NOON CELEBRATION 	ALL MEALS ARE SERVED WITH MILK OR WATER MENU IS SUBJECT TO CHANGE WITHOUT NOTICE

Lunch is served at 12 noon each day. Please call 48 hours in advance to order your meal. If you need transportation to the meal program please let us know. A suggested voluntary donation of \$3 - \$5 per meal. Our program is open to all ages and geared towards the nutritional needs of senior citizens ages 55+. Our meals are heart healthy with reduced sodium.